

NEW

Shape of Yoga Training Workshop



The *Network for a Healthy California-Los Angeles Region* invites you to participate in an interactive workshop designed to teach leaders in the community how to utilize a newly developed physical activity resource called Shape of Yoga. Shape of Yoga is a booklet that contains 10-basic yoga poses which also provides nutrition tips intended to teach family-friendly yoga activities to low-income parents of the Los Angeles County.

Tuesday, September 29th
Spanish: 9:00a.m. – 12:00p.m.
English: 1:00 p.m. – 4:00 p.m.

Belvedere Park
4914 Ceasar E. Chavez Ave.
Los Angeles, CA 90022

To Register, please to go the following link:
<http://tinyurl.com/m95f7h>

For More Information Please Contact:
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